

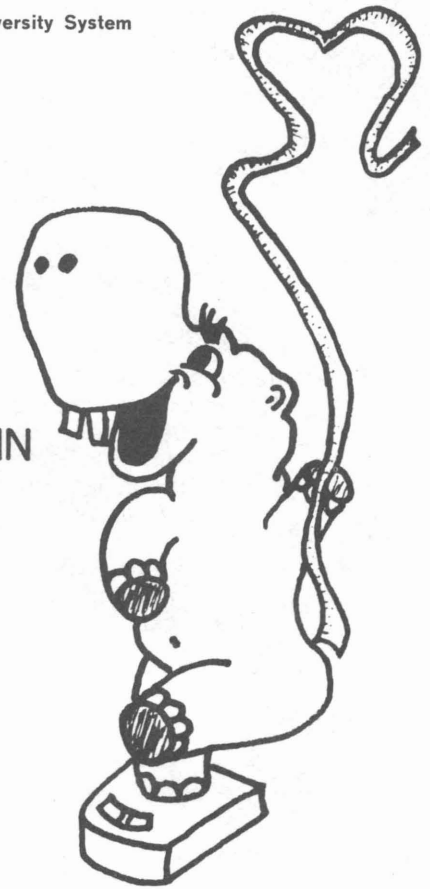
COUNT CALORIES

Dear Homemaker:

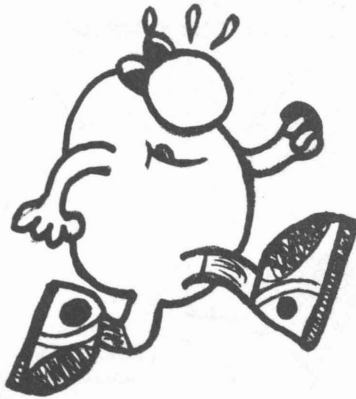
A calorie is a measure of the amount of energy we get in the food we eat.



BE A LOSER AND WIN



We need energy for:



- eating
- walking
- running
- sleeping



and all the other things we do.

When we eat more calories than our body uses each day, the extra calories are stored as fat.



= 3500 calories

Eat 500 calories less each day for one week to lose one pound of fat.

EATING 500 FEWER CALORIES EACH DAY
 x 7 DAYS
 3500 CALORIES
 OR A POUND FAT IN ONE WEEK

Sincerely,

Signature and Title

Fats in foods have 2¼ times as many calories as the proteins and carbohydrates in foods. Bake, broil or boil foods to have less fat.

Avoid eating:

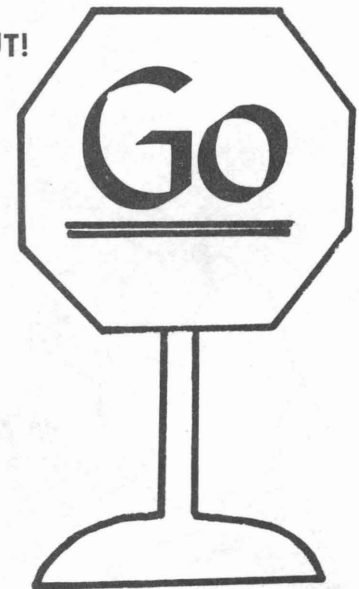
- All fried, creamed or scalloped foods
- Concentrated sugars such as
 - refined sugar, honey, jams, jellies, syrups
 - candy or candy-coated gum
 - cookies
 - frosted cakes
 - sweetened condensed milk
 - sugared soft drinks
 - beer, wine and other alcoholic beverages
- Other foods high in fats such as
 - cream cheese
 - ice cream
 - whipping cream or sour cream
 - bacon or sausage
 - avocados
 - nuts
 - potato chips or French fried potatoes
 - fried meats
 - pastries or pies
- More than 3 to 4 teaspoons of fats (oils, margarine, mayonnaise) daily.



WHEN IN DOUBT (?) — LEAVE IT OUT!

Do Select Calorie-Free Foods:

- Bouillon, Broth
- Coffee, Tea
- Cranberries, Rhubarb
- Herbs, Spices
- Gelatin, Rennet Tablets
- Lemon, Lime Juice
- Pickles (unsweetened)
- Mustard, Soysauce, Vinegar
- Saccharin
- Raw Vegetables (lettuce, parsley, radishes)



Slender Cheese Salad Dressing

2 tablespoons vinegar
1 cup cottage cheese, creamed or dry curd
½ cup buttermilk

Beat all ingredients in a mixing bowl until smooth. This dressing contains 21 calories per tablespoon if made with large curd creamed cottage cheese and 10 calories per tablespoon if made with dry cottage cheese.

VARIATIONS:

Onion: To ½ cup of Slender Cheese Dressing, add 2 tablespoons minced onion, salt and pepper to taste.

Thousand Island: To ½ cup of Slender Cheese Dressing, add 2 tablespoons catsup, 1 tablespoon minced onion, 1 egg (hard cooked and chopped), dash hot sauce if desired, salt and pepper to taste.

Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-A, The Texas A&M University System.

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